



**Fremont Multi-Service Senior Center**  
40086 Paseo Padre Parkway (at Lake Elizabeth)  
Fremont, CA 94538  
790-6600 • 494-4539 (T.T.Y.) •  
[www.fremont.gov](http://www.fremont.gov)

**Lunch: 12 noon (daily)**  
**Information Line: 790-6610 (Menu & Activities)**

# July

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6**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9-12 Case Mgr. Appts <b>10-12 ICC Yoga &amp; Meditation</b> 10:00 Harmonica (Carlton) 12:30 Beg Spanish 12:30 Quilter's Lab <b>1-2 ICC Roundtable</b> 1:00 Painting Class 1-4 Bingo! 1-3 Caregivers Support Human Services Large Conf. Room Interm Spanish 1:45 <b>6-7:30 Line Dance Class Drop-in \$6</b>	<b>4</b>  <b>4<sup>th</sup> of July</b>  <b>Holiday</b>  <b>Senior Center</b>  <b>Closed</b>	<b>5</b> 8:15 Tai Chi 8:30 Walkers 8:40 Cholesterol Tests (appt) 10:00 Bingo! 10:00 Current Events 12:30- Medicare Counseling (appt.) 2:30 1:00 Mah Jongg 6:30 Tole Painting Class 7:00 Woodcarvers	<b>6</b> 8:15 Senior Fitness 9-3 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:15 Senior Fitness 10 – 3 Blood Pressure Screening 10:30 Yoga/Stretch 11:30 ECHO Housing, Reverse Mortgage Counseling 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" band (\$4)	<b>7</b> <b>9:30-3 Washington on Wheels</b> 8:30 Walkers <b>9:30 Chinese Calligraphy</b> Bridge <b>12:00 Riley's 4<sup>th</sup> of July BBQ &amp; Celebration</b> <b>12-2:45 Karaoke – Wing A</b> <b>12:30- ID Photos -appt</b> <b>2:30</b> 1:00 Piano and Guitar Lessons 1:45 Needlecrafts 3:00 Tai Chi
<b>10</b> 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:30 Medicare Counseling (appt) 10:00 Harmonica (Carlton) <b>11:00 No AARP in July &amp; August</b> 12:30 Beg Spanish 12:30 Quilter's Lab 1:00 Painting Class 1:45 Interm Spanish <b>6-7:30 Line Dance Class Drop-in \$6</b>	<b>11</b> 8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:15 Senior Fitness 9-12 B. P. Screening 10:00 Creative Writing 10:30 Indo-Amer. Seniors 11:00 Paratransit Info & Reg (make an appt) <b>12:30 Competitive Bidding &amp; Defensive Play in Modern Bridge #1</b> <b>8 classes for \$80</b> <b>6 classes for \$72</b> 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 3:00 East Indian Seniors 3:00 Tai Chi(Beg) 4:00 (Adv)	<b>12</b> 8:15 Tai Chi 8:30 Walkers 9-12 Case Mgr. Appts 9:30 Band Practice 10:00 Current Events 1-4:45 Afghan Women <b>1-4 Footcare – appt</b> 1:00 Mah Jongg 6:30 Tole Painting Class 7:00 Woodcarvers	<b>13</b> 8:15 Senior Fitness 9-3 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:15 Senior Fitness 10-3 Blood Pressure Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" Band (\$4)	<b>14</b> 8:30 Walkers <b>9:30 Chinese Calligraphy</b> Bridge 10:00 <b>12:00 Luau Lunch</b> <b>1:30 Birthday Party! Entertainment by Na Mamo O Ke</b> <b>Anuenue A Kamakani</b> 1:00 Piano and Guitar 1:45 Needlecrafts 3:00 Tai Chi
<b>17</b> 8:15 Tai Chi 8:30 Walkers 8:30 Quilters <b>9-12 Hearing Screening</b> 9-12 Case Mgr. Appts 10:00 Harmonica (Carlton) <b>10-12 ICC Yoga &amp; Meditation</b> 12:30 Beg Spanish 12:30 Quilter's Lab <b>1-2 ICC Roundtable</b> 1-4 Bingo! 1:00 Painting Class 1:45 Interm Spanish <b>6-7:30 Line Dance Class Drop-in \$6</b>	<b>18</b> 8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9-12 B. P. Screening 9:15 Senior Fitness 10:00 Creative Writing 11:00 Paratransit Info & Reg (make an appt) 12:45 Crafts <b>12:45-2:45 Karaoke – Wing A</b> 1:00 Bridge 1:45 Fremontaires 2:00 Grief Support, FRC 3:00 Tai Chi(Beg) 4:00 (Adv)	<b>19</b> 8:15 Tai Chi 8:30 Walkers 9-12 Case Mgr. Appts 10:00 Bingo! 10:00 Current Events 12:30- Medicare Counseling (appt) 2:30 1:00 Mah Jongg 6:30 Tole Painting Class 7:00 Woodcarvers	<b>20</b> 8:15 Senior Fitness 9-3 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:15 Senior Fitness 10 – 3 Blood Pressure Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" Band (\$4)	<b>21</b> 8:30 Walkers 9:00 Pinochle/ Canasta <b>9:30 Chinese Calligraphy</b> Bridge 10:00 Baystrings Band Practice 12:30 1:00 Piano and Guitar Lessons 1:45 Needlecrafts 3:00 Tai Chi
<b>24</b> 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:30- Medicare Counsel. (appt) 9:30 Builders Fund Board 10:00 Harmonica (Carlton) 11-3 Amer. Muslims Mtg. 12:30 Beg Spanish 12:30 Quilter's Lab 1:00 Painting Class 1:45 Interm Spanish <b>6-7:30 Line Dance Class Drop-in \$6</b> 7 – 9 Parkinsons Support Group	<b>25</b> 8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9-12 B. P. Screening 9:15 Senior Fitness 10:00 Creative Writing 10:30 Indo Amer. Seniors 11:00 Paratransit Info & Reg (make an appt) 12:45 Crafts <b>12:30 Competitive Bidding &amp; Defensive Play in Modern Bridge #2</b> <b>8 classes for \$80</b> <b>6 classes for \$72</b> 1:00 Bridge 1:45 Fremontaires <b>2:00 Visual Concerns</b> 3:00 East Indian Seniors 3:00 Tai Chi(Beg) 4:00 (Adv)	<b>26</b> 8:15 Tai Chi 8:30 Walkers 9:00 Canasta <b>10:00 Legal Assist. for Seniors</b> 10:00 Current Events 1-4:45 Afghan Women <b>1-4 Footcare – appt</b> 1:00 Mah Jongg <b>1:30 Trip Meeting – Italy, Holland &amp; Belgium</b> <b>Cruise, Danube</b> <b>Cruise, Greek Isles, Switzerland,</b> <b>Tole Painting Class</b> 6:30 7:00 Woodcarvers	<b>27</b> 8:15 Senior Fitness 9-3 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:15 Senior Fitness <b>9:30 Facilities Sub-Comm. Meeting</b> 10-3 Blood Pressure Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" Band (\$4)	<b>28 Heritage Tour of Fremont (Niles &amp; Irvington)</b> 8:30 Walkers <b>9:30 Chinese Calligraphy</b> Bridge 10:00 11:30 NARFE Social Time 12:30 NARFE Business Meeting 1:00 Piano and Guitar Lessons 1:45 Needlecrafts 3:00 Tai Chi
<b>31</b> 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 10:00 Harmonica (Carlton) 12:30 Beg Spanish 12:30 Quilter's Lab 1:00 Painting Class 1:45 Interm Spanish <b>6-7:30 Line Dance Class Drop-in \$6</b>				